

IN THE CLAIMS

Claim 1 (currently amended): An exercise bench and dumbbell combination comprising:

a base including a bench member supported thereon for supporting users thereon,

a shelf supported on said base and including a recess formed therein, and including a pair of bulges provided thereon and each having a plurality of depressions formed therein, and

a dumbbell device supported on said recess of said shelf and arranged to be fetched by the users, and said dumbbell device including a plurality of weight members received and seated in said depressions of said shelf.

Claim 2 (original): The exercise bench and dumbbell combination as claimed in claim 1, wherein said shelf is rotatably secured on said base with a pivot rod, to allow said shelf and said dumbbell device to be rotated relative to said base to suitable positions.

Claims 3, 4 (canceled).

Claim 5 (currently amended): ~~The exercise bench and dumbbell combination as claimed in claim 2 wherein~~ An exercise bench and dumbbell combination comprising:

a base including a bench member supported thereon for

supporting users thereon,

a shelf rotatably supported on said base with a pivot rod, and
a dumbbell device supported on said shelf and arranged to be
fetches by the users, to allow said shelf and said dumbbell device to
be rotated relative to said base, and

said shelf ~~includes~~ including a plate attached to bottom and
rotatably secured on said base with said pivot rod.

Claim 6 (currently amended): The exercise bench and dumbbell
combination as claimed in claim 1 further comprising a cushion
selectively attached to said base.

Claim 7 (original): The exercise bench and dumbbell
combination as claimed in claim 6 further comprising an arm
attached to said base, to support said cushion.

Claim 8 (original): The exercise bench and dumbbell
combination as claimed in claim 7, wherein said arm includes a first
end attached to said base, and a second end attached to said cushion.

Claim 9 (original): The exercise bench and dumbbell
combination as claimed in claim 8 further comprising means for
adjustably securing said first end of said arm to said base.

Claim 10 (currently amended): ~~The exercise bench and~~
~~dumbbell combination as claimed in claim 9 wherein~~ An exercise
bench and dumbbell combination comprising:

a base including a bench member supported thereon for supporting users thereon,
a shelf supported on said base,
a dumbbell device supported on said shelf and arranged to be fetched by the users,
an arm including a first end attached to said base, and including a second end,
a cushion selectively attached to said second end of said arm,
and
means for adjustably securing said first end of said arm to said base, said adjustably securing means ~~includes~~ including a post secured on said base, a block disposed on said post, a plurality of orifices formed in said block, an extension extended from said first end of said arm, and a latch pin engageable through said extension of said arm and selectively engaged through either of said orifices of said block, to secure said arm to said block at selected angular positions.

Claim 11 (original): The exercise bench and dumbbell combination as claimed in claim 8 further comprising means for adjustably securing said second end of said arm to said cushion.

Claim 12 (original): The exercise bench and dumbbell combination as claimed in claim 11, wherein said adjustably securing means includes a flap attached to said cushion and having a plurality of apertures formed therein, and a latch pin engageable through said flap of said cushion and selectively engaged through

either of said apertures of said flap, to secure said cushion to said arm at selected angular positions.

Claim 13 (original): The exercise bench and dumbbell combination as claimed in claim 1, wherein said dumbbell device includes a plurality of weight members each having a channel formed therein, a hand grip having at least one end engaged through said channel of said weight members, and means for selectively securing said weight members to said at least one end of said hand grip.

Claim 14 (original): The exercise bench and dumbbell combination as claimed in claim 13, wherein said at least one end of said hand grip includes a slot formed therein, said selectively securing means includes a latch member slidably engaged through said slot of said hand grip and engageable with selected number of said weight members.

Claim 15 (currently amended): ~~The exercise bench and dumbbell combination as claimed in claim 14 wherein~~ An exercise bench and dumbbell combination comprising:

a base including a bench member supported thereon for supporting users thereon,

a shelf supported on said base, and

a dumbbell device supported on said shelf and arranged to be fetched by the users, said dumbbell device including a plurality of weight members each having a channel formed therein, a hand grip

having at least one end engaged through said channel of said weight members, said at least one end of said hand grip including a slot formed therein, and means for selectively securing said weight members to said at least one end of said hand grip, said selectively securing means including a latch member slidably engaged through said slot of said hand grip and engageable with selected number of said weight members, and said selectively securing means ~~includes~~ including a fastener secured on said latch member, and a catch slidably engaged on said fastener, and engageable with said at least one end of said hand grip, to secure said at least one end of said hand grip and said latch member and said selected number of said weight members together.